What is the effect of dietary intake of n-6 polyunsaturated fatty acids (PUFA) on increased risk of cardiovascular disease and type 2 diabetes, including intermediate markers such as lipid and lipoprotein levels and inflammation? (DGAC 2010)

Conclusion

Strong and consistent evidence indicates that dietary n-6 polyunsaturated fatty acids (PUFA) are associated with improved blood lipids related to cardiovascular disease (CVD), in particular when PUFA is a replacement for dietary saturated fatty acids (SFA) or trans fatty acids. Evidence shows that energy replacement of SFA with PUFA decreases total cholesterol, LDL cholesterol and triglycerides, as well as numerous markers of inflammation. Polunsaturated fatty acid intake significantly decreases risk of CVD and has also been shown to decrease the risk of type 2 diabetes.

Grade: Strong

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, click here.

Evidence Summaries
What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

What is the effect of dietary PUFA intake on health and intermediate health outcomes?

Search Plan and Results
What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

MUFA and n-6 PUFA Intake and Health